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Your May 31, 2021 Issue

Phone: (503) 308 - 8223

email: info@wllovillage.org

Note from the editor: This long issue might get clipped automatically by some email programs. If that is the case for you, don't forget to click on the link at the end that says, 'read the entire message' or similar wording. Or just click on the top where it says, 'view this email in your browser'. Either way, we hope you will enjoy reading what's new and newsworthy with WLLO.

WLLO Events Are Outside Again !!!

The month of May brought in-person outdoor events - with many more to come as we all hope.

One was a birthday celebration for our dear member and volunteer Susan R. The other, an impromptu meeting of our Book Club at Luscher Farm. We actually stayed farther apart and just crowded up for a quick photo - but how nice to see each other in person after such a long time.





Thank you so much for all the members and volunteers who responded to our survey request. What a great group we have!

We heard from 67% of you and one clear preference was for holding smaller outdoor gatherings on people's decks and in their backyards. If you are willing to host such an event, please call the office or email info@wllovillage.org.

We envision these gatherings as potlucks where people who attend are bringing a little something for all to enjoy. WLLO will help with the logistics of figuring out how much space you have and manage invitations. If you want to be a host, please get in touch with us.

Don't Miss Our Upcoming Medicare 101 Session

As you are aging into Medicare, you may have questions. WLLO in cooperation with Villages NW and other Villages will be hosting a Medicare 101 session for all members and volunteers on June 9 at 5 pm. It will be presented by Janine Hawthorne and Peggy Lickert who are Medicare Enrollment Specialists at Providence.

The session is for those aging into Medicare who want to learn about it, as well as those already on Medicare who want to learn more about what Medicare can do for them and if they are taking their best advantage of being on Medicare,

and how supplemental plans work with it.

When: Wednesday, June 9 at 5 pm

Where: Online

Call or email the office for sign-in or call-in information!

RSVP required to get the dial-in information.

Successful 1-on-1 Introductions to WLLO Village

With the restrictions easing up and the possibility of regular in-person events soon, WLLO decided to strengthen its outreach efforts by again holding introductory sessions to WLLO Village twice a month. We had two very successful ones in May that brought together half a dozen interested parties and resulted in two new members.

A big thank you goes to Marjorie who talked about who we are and what we do, and in her own unique way brought the Village to life for everybody. We also showed a few short videos. Some were of members detailing their experiences, another one was a summary of activities of the last 12 months.

Similar events are planned on **Tuesday, June 1 at 5pm and on Wednesday, June 16 at 10 am**. See our events calendar for more details. Please help us spread the word by telling friends, family, and neighbors. If you are interested, call the office or email us for log-in details.



All of us at WLO extend a very warm welcome to Aase B. and Lynn H., our two newest members. We are very happy to have you join our family.

By the way, if anyone knows of anyone who might be interested in WLO Village, please spread the word.



The NO-GUILT Book Club meets once a month on Zoom. In our June meeting, we will be reading a "garden mystery," sometimes called a "cozy mystery." Often set in charming English, Irish or Scottish villages, these are enjoyable reads that stimulate your inner sleuth. Read anything you want that fits the theme! We will enjoy hearing about it. Also, we will be

monitoring the weather and may start meeting outside again once the temperatures have gone up somewhat.

The theme for July will be a summer theme - "Beach Reads." Actually, many of us bookhounds find the typical "beach read" to be shallow, so the real challenge is to find a "beach read" that has engaging characters, a good plot and that you enjoyed! But tell us about it next month even if you didn't like your book! There is no guilt in our book club!

As always, you can read whatever you want about the theme of the month, or nothing at all. If you enjoy books and like talking and hearing about them, feel free to participate even if you haven't read anything recently.

Activities in June

Read all about our planned activities this month in the calendar below or on the website. Here are a few things we wanted to point out.

Don't miss our educational and informational session on **Medicare** on Wednesday, June 9. Come prepared with your questions that we will be happy to answer.

This month's **recycling activities** are scheduled for Tuesday, June 8. We are going to pick up plastics bag materials, Styrofoam and batteries! Just call the office to schedule a pickup.

One ongoing effort is our **puzzle exchange**. If you finished a puzzle or gave up on it (we won't judge), call the office for a contact-free pickup and exchange. Tell us your preferences for picture types (art, nature, scenic, abstract, etc.) and how many pieces you would like (500, 1000, etc.) and we will do our best to find one that fits. Share in the fun!

Last but not least, we'll host the **Food as Medicine** online class again on Wednesday, June 23 at 10 am. The six sessions filled up quickly early on.

Please let us know if you're interested in a repeat event. Email suannej@wlovillage.org or call the office to tell us so.



If you missed our annual meeting, some of the videos we created for it are now available on our [YouTube Channel](#). Don't forget to check out them out! You'll learn about how we started and how we managed last year's turmoil.



June Birthdays

In the month of June, we are celebrating the birthdays of Julie R., Ellen S., Terri K., June C., and May T. A very happy birthday to all of you. Stay healthy and have lots of fun in your next ride around the sun.



Calling All WLLO Walkers!

Whether you are a CHAT & STROLL walker or a BRISK, get your heart pumping kind of walker. We have got a group for you!

Beginning in June, **CHAT & STROLL WALKS** on the 1st and 3rd Wednesday mornings. June 2nd and 16th from 10-11:00 AM. Meet in Foothills Park at 10:00.

Also, beginning in June, **BRISK - get your heart pumping walks** on the 2nd and 4th Wednesday mornings. June 9 and 23 from 10-11:00-ish AM. First one meets in parking lot at George Rogers Park at 10:00 AM.

Events in the Month of June

If you know of any event that would be a great addition to our activities, or if you have comments or suggestions about an event you attended, we want to hear from you. Please email us at info@wllovillage.org or leave us a message at (503) 308 8223.

Tuesday, June 1 **An Opportunity to** **Learn About WLLO** **Village**

If you have been following WLLO Village for a while from a distance, you might appreciate the opportunity to learn more about our organization. To that end, we are going to hold 2 events in June where we present what we do

5:00 pm - 6:00 pm
Online

**Wednesday, June 2,
16**

Chat & Stroll Walk

10 am - 11 am
Foothills Park

and why. If evening hours are not ideal for you, we'll have another mid-morning event on June 16. Contact the office (503-308-8223) or email info@wllovillage.org to get log-in details and the password.

RSVP required to get the dial-in information.

Join us for a leisurely walk in and around Foothills Park. It's called chat & stroll for a reason! Please call ahead to let us know you're coming. However, if the urge only strikes you that morning, meet us at the starting place and time. Be prepared, maybe bring your own beverage and snack and let's enjoy each other's company. Contact the office or email us to let us know you're coming (preferred).

**Thursday, June 3, 10,
17, 24**

Online Happy Hour

5:00 pm
Online

Join us for our fun online gathering. Be prepared with your own beverage and snack and let's enjoy each other's company. Contact the office (503-308-8223) or email info@wllovillage.org to get log-in details and the password.

RSVP required to get the dial-in information.

**Every Friday. June 4,
11, 18, 25**

Friday Coffee

9:00 am
Online

WLLO is hosting a virtual gathering every Friday at 9 am. Contact the office (503-308-8223) or email info@wllovillage.org to get log-in details and the password.

RSVP required to get the dial-in information.

**Every Monday. June
7, 14, 21, 28**

**TED Talk &
Discussion**

1:00 pm
Online

Each week we will choose a brief TED Talk to watch together then have a short discussion. Call or email the office for sign-in or call-in information!

RSVP required to get the dial-in information.

**Tuesday, June 8
Recycling**

All Day by Appointment

This month, we will be picking up batteries, plastic bag materials and styrofoam.

Call or email the office to make sure you're on the list of our volunteers' route.

RSVP required to get the dial-in information.

Tuesday, June 8
The No-Guilt Book Club

10:00 am

Online

Join us for our no-guilt book club meeting where you can read whatever you want following a general theme. Historical fiction is the theme for today's discussion!

Come prepared to talk about your favorite piece of literature. If you haven't read for a while, maybe you'll be inspired after our discussion! We will send out an email with the Zoom link to all members and volunteers a day or two before the gathering. Or call the office! 503-308-8223.

RSVP required to get the dial-in information.**Wednesday, June 9, 23****Brisk Walk**

10 am - 11 am

George Rogers Park
Parking Lot

Join us for a brisk walk that gets your heart pumping. Please call ahead to let us know you're coming. However, if the urge only strikes you that morning, meet us at the starting place and time. Be prepared, maybe bring your own beverage and snack and let's enjoy each other's company. Contact the office or email us to let us know you're coming (preferred).

Wednesday, June 9
Medicare 101

5 pm

Online

The session is for those aging into Medicare who want to learn about it, as well as those already on Medicare who want to learn more about what Medicare can do for them and if they are taking their best advantage of being on Medicare, and how supplemental plans work with it. It will be presented by Janine Hawthorne and Peggy Lickert, who are Medicare Enrollment Specialists at Providence.

Come prepared with your questions! Call or email the office for sign-in or call-in information!

RSVP required to get the dial-in information.**Thursday,**
June 10, 24
DEI Affinity Group

2:00 pm

Online

The DEI Affinity Group meets via ZOOM on the second and fourth Tuesdays, 2:00-4:00 pm. All village volunteers and members are invited to join the Zoom video call and listen to speakers, get DEI resources, hear what is happening in the Village Movement California and more. Join the group and share your personal experiences with ageism, sexism, ableism, racism and more. Learn more about diversity, equity and inclusion and how these social issues affect villages. To get the ZOOM link or for more information contact Jurie Lewis, DEI Affinity Group facilitator, at

realestatebyjury@msn.com. Or call the office and we will facilitate the connection.

Wednesday, June 16
An Opportunity to
Learn About WLLO
Village

10:00 am - 11:00 am
Online

If you have been following WLLO Village for a while from a distance, you might appreciate the opportunity to learn more about our organization. Contact the office (503-308-8223) or email info@wllovillage.org to get log-in details and the password.

RSVP required to get the dial-in information.

Wednesday, June 23
Food as Medicine

10 am - 11 am
Online

The six sessions filled up quickly early on. Please let us know if you're interested in a repeat event. Email suannej@wllovillage.org or call the office to tell us so.



Last but not least: If you're stuck at home and bored, check out [our tips for PlayTime on our website](#). We're sure you'll find a distraction that will brighten your day.



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Website



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Email

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